

# Kwirinda Indwara z'Ubushuhe



WAME UKANYE UMEZENEZA.

WAME UDAFISE AMAZI.

WAME UMENYA AMAKURU.



## Igihe hashushe hanse: Impanuro y'Ukwirinda Indwara z'Ubushuhe

- **KUBURA AMAZI** imbere, n'igihe canke nyuma y'ibikorwa vy'inkino z'umubiri: Nywa intama 10 z'amazi buri minota 15-20.
- Ambara impuzu ikurekuye, impuzu yoroshe, isapu kandi koresha umuco w'izuba imbere y'ukuja hanse.
- Kurikirana uburebure bw'umwanya umara hanse, ruhuka kensi kandi urondere ahatarizuba.
- WAME mukibanza gikanye: wirinde imyimenyerezo canke ibikorwa vy'umubiri bisaba ingufu ninshi hanse ige kumbure hashushe canke hakanye cane.
- WAME umenya ikirere kubijanye n'amagara & n'ukumenya amakuru mashasha y'ukwirinda.

*Ubushuhe bwinshi burashobora gutera indwara mbere n'urupfu!*

## Raba ibimenyetso bisa

### IBINYANYA VY'UBUSHUHE

Kubabara imitsi canke ibinyanya mukuboko, amaguru canke munda. Kubirigwa cane gose

→ **Ubuvuzi Butangura:** Koresha uburyo bwo gukanda imitsi canke masaje yoroshe ikinyanya gihere. Tanga intama y'amazi. Nimba wumva ugomba kudahwa, ntubandanye unywa amazi.

### UBUSHUHE

Kubirigwa cane, umunaniro, uguanya, icuya mumaso n'umubiri ucürüye. Iseseme no kudahwa. Ikiringo c'ubushuhe busanzwe. Kurwara umutwe, ikizunguza, no kugira ibinyanya mumitsi.

→ **Ubuvuzi Butangura:** Umunyeshure yaguye hasi n'izuba. Mukure impuzu hama yumve akayaga, impuzu z'iriko amazi. Mujane mucumba gikanye. Muhe amazi makeyi nkeretse yumva agomba kudahwa. Nimba abandanije kudahwa, rondera muganga.

### IMIRASIRE Y'IBUSHUHE

Ibimenyetso bikwereka birashobora kubamo ugushuha cane gose umubiri (hejuru ya degeri 103), uruhu rutukura, ubushuhe no kuma umubiri (ata kubirigwa), ukurwara umutwe, guta ubwenge, kwitiranya, isesemi, kunyaruka, pulse ikomeye. Uguhinduraka.

→ **Ubuvuzi Butangura:** Hamagara ubwo nyene infashanyo y'ubuvuzi canke jana umunyeshure mubitaro. Ugutinda bishobora kuba bibi. Shira umunyeshure ahantu hari akayaga. Hungiza umunyeshure ukoreshje amazi, vantirateri. Nimba ubushuhe bw'umubiri buduze kandi, subiramo iyo nzira. Ntuze umuhe amazi yo kunywa.



Information adapted from materials developed by the Arizona Department of Health Services  
Extreme Weather and Public Health Program (<http://www.azdhs.gov/phs/oeh/heat/>).

Kirundi